

Larue D. Carter Memorial Hospital

The Carter Insider



Volume 4, Issue 12

December 2008

It's A Wonderful Time of Year to be Culturally Sensitive

This is a wonderful time of year for celebrations we hold dear. But it is also a time of year to realize that we live and work in a culturally diverse nation, and so we need to have **respect for others' traditions**.

Christmas is the annual Christian celebration of the birth of Jesus. The term comes from the old English words, *Cristes Maesse*, which means "Mass of Christ." It is held each year on December 25th, although many people also celebrate Christmas Eve on December 24th. Gifts are exchanged to symbolize the gift of Jesus to the world.

Eid al-Adha, the Festival of Sacrifice, is celebrated by Muslims in commemoration of the willingness of the Prophet Ibrahim to sacrifice his son as an act of obedience. At the last moment, a lamb was miraculously provided, sparing his son. Muslims who have the means observe this by sacrificing a sheep or goat and sharing the meat

with family, friends and the poor. Gifts are also exchanged.

Hanukkah is an eight-day Jewish holiday commemorating the miraculous re-kindling of the Temple's menorah at the time of the Maccabee Rebellion. Each night, one additional candle is lit on menorahs until nine candles are lit.

Kwanzaa is a celebration established in 1966 by Maulana Karenga, an African American scholar and activist who wanted to demonstrate the importance of gathering family and friends, reverence for the Creator and creation, recommitment to truth and justice, and respect of others and nature.

The **Winter Solstice** is celebrated by Wiccans, Pagans, and other observers of earth-based spiritual practices. This is the day when light returns—the days begin to lengthen, bringing promise of brighter days.



Inside this issue:

The Clever Chef 2

Safe Gifts 2

Smoking Cessation continued 2

LCH Potpourri 3

Helping Patients Kick the Habit 3

The Clever Chef continued 3

Training Opportunities 4

Smoking Cessation Counseling

The Joint Commission has addressed the issue of providing smoking cessation counseling for patients who have been treated for heart attack, heart failure, and pneumonia. Here is a brief overview of smoking cessation counseling measures.

Q: Which patients are mandated to receive counseling?

A: It is required for all adults (18 years or older) who smoked anytime during the year prior to hospitalization and have been diagnosed with heart attack, heart failure, or pneumonia.

Q: How does the Joint Commission define smoking cessation counseling?

A: There must be medical record documentation indicating

that a patient with a smoking history has received at least one of the following:

- Advice to stop smoking,
- Handouts on smoking cessation,
- Viewing a smoking cessation video,

(continued on page 2)

The Clever Chef: Don't Let Foods Fool You



People want to eat healthier these days, so the food industry has introduced thousands of foods that claim to be healthy. But sometimes these claims are false. And even when a food is healthy, you still need to watch the portions. And don't assume that if a food comes from a health store that it's healthy. Many foods that are promoted with healthy-sounding terms, such as "natural" or "vitamin-packed," are actually loaded with sugar and/or fat and/or sodium and are high in calories.

Many **protein bars** are high in sugar and/or fat and can deliver 300 calories or more. It's fine to use one of these bars occasionally as a meal replacement, but they are too high in calories to have in addition to meals. If you want a snack, mix your own, using a mixture of nuts, seeds, and dried fruit. One-half ounce of almonds (about 12) and one tablespoon of dried fruit totals about 140 calories. And if you do eat a protein bar, have one that has at least three grams of fiber with less than 150 calories.

Is **frozen yogurt** healthier than ice cream? Not necessarily. Yogurt is one of the healthiest foods you can eat, but frozen yogurt has more in common with desserts than health foods. Some frozen yogurts have the same number of calories as ice cream and may have similar amounts of sugar and fat. And most frozen yogurts don't have active and live cultures—the organisms that make natural yogurt so healthy. Read the label!

(continued on page 3)

Give Safe Gifts This Holiday



Have you run out of good gift ideas? Why not give the gift of safety this holiday season?

Here are a few great ideas that can help keep your loved ones safe:

- Three smoke detectors and batteries
- A quality fire extinguisher
- A flashlight and batteries

- Light sticks
- A first-aid kit
- A carbon monoxide detector
- A second-floor escape ladder
- A mobile phone
- Jumper cables
- Lock de-icer
- Warm blanket
- AAA membership
- An emergency kit—energy bars, water, battery radio, flashlight/light sticks, and a first-aid kit packed in a small travel bag

These gifts make great stocking stuffers or you can create a gift basket by combining one or more items.

Smoking Cessation continued from page 1



Q: How can we help improve smoking cessation rates?

A: Hospitalization can be an ideal opportunity for patients to stop smoking if we:

- Ensure that tobacco use is part of the standard assessment and is recorded.

- Ensure that patients receive advice and counseling to quit smoking, including providing skills and training, social support, and the use of pharmacology.
- Use the U.S. Public Health Service's *Treating Tobacco Use and Dependence Clinical Practice Guideline*, and the Agency for Healthcare Research and Quality's *Helping Smokers Quit: A Guide for Nurses*, to de-

velop and implement interventions that are effective in helping patients quit smoking.

Q: Where can you get more information?

A: For information on the Joint Commission's performance measures, visit www.jcaho.org/pms/core+measures.

LCH Potpourri

December's Employee of the Month is **Eric Heeter**. Eric, a Mental Health Administrator, administers the work in the Adult A service line. Congratulations on this deserved recognition!

LCH lost a much-loved employee when **David Skirvin** passed away on December 4. David was a secretary for the Director of Nursing. Our deepest condolences go to David's loved ones.

LCH welcomes: **Raymond Betker** (Security Officer), **Frances Burdine** (Attendant),

Debra Carr (Attendant), **Monica Conley** (Attendant), **Edwana Frink** (Housekeeper), **Teresa Hall** (Secretary), **Gladys Howard** (Housekeeper), **Barbara McAfee** (Charge Nurse), **Dennis Murray** (Attendant), **Jonathon Parham** (Attendant), **Cherlesa Rollins** (Attendant), **Robert Uptegrove** (LPN), and **Troina Westerfield** (Attendant).

Happy retirement wishes go to **Rick Walker** (Maintenance Repair).

Unfortunately, the annual

Holiday Gathering has been canceled this year due to lack of funds. If you are interested in the possibility of a hospital-wide pitch-in, please contact **Katie Johnson** at extension 4400 or by email as soon as possible.

As you probably have heard by now, on December 11, Governor Daniels announced that there will be no pay increases in 2009 due to the bad economy and extremely low tax revenues. However, employees will still receive an annual appraisal as planned.



Helping Patients Kick the Habit

The most effective process for treating tobacco addiction uses the following protocols:

Cessation Counseling

- **Ask**

Identify and document tobacco use and status for each patient.

- **Advise**

Advise patients to quit in a strong, personalized manner.

- **Assess**

Assess willingness to quit.

- **Assist**

Assist in the attempt.

- **Arrange**

Arrange for follow-ups.

Motivating a Patient to Quit Smoking

- **Relevance**

Provide information that has the greatest impact on the patient.

- **Risks**

Make the risks clear.

- **Rewards**

Highlight the benefits that mean the most to the patient.

- **Roadblocks**

Have the patient identify barriers to quitting.

- **Repetition**

Repeat the motivation.



The Clever Chef continued from page 2

Some **smoothies** can have more calories than regular soda, making them an unhealthy choice to have regularly. But you can control this by making your own smoothies, using just fresh fruit and adding skim milk if you want. Or mix four ounces of fruit juice with four ounces of sparkling water.

Real **whole-wheat bread** is healthy. But some brands only look like whole wheat—the

manufacturers add brown coloring to make the bread look wholesome. Read the ingredient label. The word "whole"—whole wheat, whole grain, etc.—should be first in the list.

Brown rice has more fiber and disease-fighting phytochemicals than white rice, but people often don't want to take the time to cook brown rice. Instead, they buy a packaged rice pilaf. But most of these products are very high in

sodium and fat. Try using good ol' Uncle Ben's microwavable brown rice. It's ready in minutes, and you can season it without salt and oil.

Just remember the basic rule of thumb: **Whenever you shop, always check the ingredients label.** Compare labels and make the healthiest choice. Don't let snazzy packaging and "healthy" jargon fool you.



**INDIANA FAMILY
AND SOCIAL
SERVICES
ADMINISTRATION /
MENTAL HEALTH
AND ADDICTION**

Larue D. Carter Memorial Hospital
2601 Cold Spring Road
Indianapolis, IN 46222-2202

Phone: 317-941-4000
Fax: 317-941-4085

- Teaching
- Research
- Treatment

The Carter Insider
Editor: Deb Doty
This Month's Contributors:
Mary Gaul, Katie Johnson, Paula
McAfee, Kathy Scott, Vivian
Shank

December 2008

Our Vision

Our vision is to serve the citizens of Indiana as a center of excellence in mental health.

Our Mission

Our mission is to provide specialized treatment, education, and research in the field of mental health.

Quote of the Month:

"All that really belongs to us is time; even he who has nothing has that."

Baltasar Gracian



Training Opportunities

CPR

Date: December 30
Time: 8:00 am to 3:00 pm
Place: LCH, 5th Floor



To register or for more information,
contact Hank Kimmel (4336).

Driving Cultural Change (supervisors)

Date: December 18
Time: 9:00 am to noon
Place: State Conference Center, Room 16

Giving Effective Feedback (supervisors)

Date: December 18
Time: 1:00 pm to 4:00 pm
Place: State Conference Center, Room 16

Generations in the Workplace (supervisors)

Date: December 30
Time: 9:00 am to noon
Place: State Conference Center, Room 16

